



WEEK

1-2-3-4-5-6-7-8

WEEKLY JOB LIST

STUDENT NAME _____ AGE _____ BELT _____

DEVELOPING GOOD HABITS WILL LAST A LIFETIME

In order to receive a stripe for your Job List, **all blanks** must be checked off for an entire week. Weekly cycles start on the Sunday after Belt Promotion. A maximum of eight job lists will be accepted for each cycle (a student cannot receive more than eight red stripes)

WEEK STARTING ____/____/____	SUN	MON	TUE	WED	THU	FRI	SAT
CLEAN ROOM							
Make my own bed							
Hang up my clothes							
Put my things away every day							
SELF CARE							
Brush my teeth (morning and night)							
Take my bath (hung up towel and washcloth after)							
Put all the dirty clothes in the laundry							
Lay out my school clothes							
SCHOOL							
Complete homework promptly							
Did I work hard and take pride in my work/lessons today?							
Remember lunch money, notes to/from teacher, library books, projects, etc.							
Did I treat my classmates and teachers with respect?							
FAMILY							
Pick up all personal belongings around the house							
Clean up after meal (take out trash)							
Did I treat my parents and siblings with respect?							

INSPECTED & APPROVED BY _____ PARENT/GUARDIAN SIGNATURE _____ DATE ____/____/____

STRIPE _____ INSTRUCTOR SIGNATURE _____